

## ABSTRACT

A portable information device, a power saving mode switching method, and a recording medium in which a power saving mode switching program is stored, for efficiently suppressing power generation peaks. In an information device having a component (1) such as a processor and a component (2) such as a magnetic disk device, it is detected whether it is the peak power generation condition or the peak power completion condition on the basis of access information to the component (2), and a power mode change request is given to a power mode changing means (4); and the power mode changing means (4) changes over the component (1) such as the processor from a normal power mode to a power saving mode where the operating voltage is reduced, the clock frequency is reduced, or the like when the peak power generation condition is detected, and changes over it from the power saving mode to the normal power mode when the peak power completion condition is detected.